



# Life Coaching

Why not add coaching to your therapeutic repertoire? These skills can be used for Life Coaching or Corporate Coaching.

“The greatest tragedy of a lifetime must be to live with regret....to reach a point where you were confronted with all the things you had not done or even tried.” (Fiona Harrold, Life Coach)

Coaching unlocks the individual’s potential so that they maximise their performance. It is based on the principle that a person has all the resources within themselves to resolve their issues. This one-day course, to be led by **Nicola Martin**, will cover the following areas:

- ❖ Differences between coaching and therapy
- ❖ Coach’s and client’s commitment
- ❖ Skills in coaching
- ❖ Exploring the six domains
- ❖ T Grow model
- ❖ Goal setting
- ❖ Goal blocking
- ❖ Coaching contract and forms

### Date and Venue

14<sup>th</sup> November 2010  
Central London venue to be confirmed

### Cost

£100, split between a £25 registration deposit and £75 on 14<sup>th</sup> November 2010

*Please note that, in order for training days to accrue towards your DHP and/or MCH (as applicable), you will need to attend the entire course. Please also note our 21-day cancellation policy, under which cancellations will be accepted (and advance payments refunded) up to 21 days prior to the start of this course.*

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## ENROLMENT FORM (Life Coaching – 14.11.10)

Please send to: The Institute of Clinical Hypnosis, 28 Tantallon Road, LONDON, SW12 8DG

Surname:		First Name:		Title:	
Address:					
Post code:		(Tel Day)		(Tel Mob)	

**Payment method** – please tick and complete either Section 1 or Section 2 below:

- 1  I enclose a cheque, payable to ICH, for £.....; **or**  
 2  I wish to pay by debit/credit card<sup>(Note 1)</sup> and my details are as follows:

Card type:				Card issuer (eg HSBC):											
Card number:															
Your name and initials (as they appear on your card):															
Start date:								Expiry date:							
Security No <sup>(Note 2)</sup> :								Issue number (if applicable):							

SIGNATURE: ..... DATE: .....

1 Please note that a surcharge of 2.65% is payable on all credit cards. There is no additional charge if you pay by debit card. We accept Mastercard, Visa, Visa Debit, Visa Electron, Maestro and Solo. A receipt will be sent to you by post if you pay by debit/credit card.  
 2 This will be the last 3 or 4 numbers on the reverse of your card, on the signature strip.